



# Low Iodine Diet – Preparing for Scans

*Before undergoing radioactive scanning, you may be asked by your physician to follow a low-iodine diet. The Following is a combination of diet tips that may help you. Of course, as with other aspects of your therapy, it's important to consult with your healthcare provider about diet changes and other test preparation.*

## Avoid

Iodized salt and sea salt  
All dairy products (milk, sour cream, cheese, cream, yogurt, butter, ice cream)  
Margarine  
Egg yolks  
Seafood (fish, shellfish, seaweed, kelp)  
Foods that contain carrageen, agar-agar, algin, or alginate – all of these are made from seaweed  
Cured and corned foods (ham, bacon, sausage, corned beef, tuna, etc.)  
Marinated chicken or turkey  
Dried fruit  
Canned vegetables  
Bread products that contain iodate dough conditioners  
Chocolate  
Molasses  
Soy products (soy sauce, soy milk, tofu)  
Foods and medications that contain iodine, FD&C Red Dye #3 – consult your physician about discontinuing or substituting for any red-colored medicines.

## Eat

Egg whites  
Fresh chicken, turkey and beef in moderate amounts. Do not add any iodine-containing ingredients.  
Black pepper and fresh dried herbs  
Homemade bread made with non-iodized salt and oil (not soy!) instead of butter or milk  
Most fresh fruits and vegetables (but not skins of potatoes), washed well  
Frozen vegetables that don't have high – iodine ingredients (without salt) added  
Canned peaches, pears, and pineapples  
Unsalted nuts  
Unsalted Matzo crackers and unsalted rice cakes  
Clear sodas  
Coffee or tea, as long as it's made with distilled water. But remember, only non-dairy creamer!  
Popcorn popped in vegetable oil or air popped, with non – iodized salt  
Sorbet – but remember to check the ingredient list for FD&C red dye #3!

**Other Helpful Suggestions:** *This diet does not restrict sodium or salt. It only restricts iodized salt or sea salt. Any Salt that is labeled as NON-IODIZED may be used freely.*



# Menu Suggestions

## Breakfast Sample Menu:

- ✓ 1/4 cup quick – cooking oatmeal, 1/2 cup water or apple juice, 2 tsp honey, and 2 tsp raisins (optional)
- ✓ 1 medium banana, apple or pear
- ✓ 8 oz. (1 cup) orange, grape or grapefruit juice (fresh or reconstituted with distilled water)

## Lunch Sample Menu:

- ✓ 1 roasted chicken breast (meat only) seasoned with black pepper, non – iodized salt and fresh herbs
- ✓ 1 small garden salad seasoned with olive oil and lemon juice to taste
- ✓ 1 cup coffee or tea with 2 tsp sugar (optional) and 1 tsp powered non-dairy creamer (optional)

## Dinner Sample Menu:

- ✓ Homemade meal: sauté together 3 oz. Turkey Breast (not breaded, seasoned or dell meat), 1 medium microwaved, boiled or mashed potato (no skin), 1/4 onion, 1/2 green pepper, 1tbsp oil, black pepper and non-iodized seasoning to taste
- ✓ 1 cup boiled or steamed broccoli, green beans or carrots
- ✓ 1 cup jello made with water (any color but red) with fresh peach slices

## More Low – Iodine Diet Tips

- ✓ When you are maintaining your diet, it would be wise to avoid restaurant food because it is hard to determine the exact ingredients being used to prepare the food
- ✓ You may want to shop and freeze or store your ingredients before starting your diet to avoid being tempted by iodine – containing foods at the store

### References:

Gilletz, N. The Low Iodine Diet Cookbook – Easy and Delicious Recipes & Tips for Thyroid Cancer Patients. Your Health Press 2005.

Thyroid Cancer Survivors' Association, Inc. Low – Iodine Cookbook. Accessed online at thyca.org on March 2007